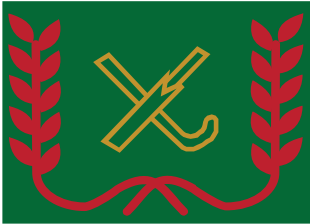


# sports

Name: \_\_\_\_\_



Requirements	Passed
<div>1. Represent your school and/or your sports club in one team sport for two full seasons i.e. winter and/or summer sports. Examples of team sports:</div> <div><div>Baseball</div><div>Cricket</div><div>Volleyball</div><div>Rugby</div><div>Softball</div><div>Basketball</div><div>Hockey</div><div>Ice Hockey</div><div>Polo/polo cross</div><div>Water polo</div><div>Surf Lifesaving</div><div>Soccer</div></div>	
<div>2. Participate in one other sport (not counted for 1 above) reasonably well as a team member or in an individual sport for at least two full seasons i.e. winter and/or summer. In other words, you must be proficient in at least 2 sports of your choice for at least two full seasons. (At least one sport must be a team sport.) Examples of individual sports:</div> <div><div>Shooting</div><div>Archery</div><div>Tennis</div><div>Gymnastics</div><div>Skiing</div><div>Golf</div><div>Canoeing</div><div>Swimming</div><div>Sculling</div><div>Diving</div><div>Badminton</div><div>Sailing</div><div>Roller/Ice Skating</div><div>Table Tennis</div><div>Athletics</div><div>Squash</div><div>Fishing</div><div>Rally</div><div>Navigation</div><div>Jukskei</div><div>Horse Riding</div><div>Water-skiing</div><div>Judo/Karate</div><div>Bowls</div><div>Cross-Country</div></div>	
<div>3. a) Be familiar with the skills and techniques in each of your chosen sports. b) Show that you know the rules and how to score. c) Discuss the equipment used and how to care for it. d) Discuss the safety rules and what injuries could occur and how to prevent them.</div>	
<div>4. Explain what sportsmanship is and why it is important. Give several examples of good sportsmanship in sports. Relate at least one of these to everyday citizenship off the sports field.</div>	
<div>5. Referee a match or act as an umpire.</div>	
<div>6. Make a set of training rules for the sports you have chosen. Explain why these training rules are important. Follow the rules. Design exercises for these sports and keep a record of how you do in these sports for one season. Show how you have improved.</div>	

2009  
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**Badge Awarded**

